



FORMULATION WORKSHEET FOR HAIR CLEANSERS

COURSE MATERIAL

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FORMULATING CLEANSING PRODUCTS

INGREDIENTS FOR CUSTOMISING LIQUID AFRICAN BLACK SOAP

INGREDIENTS	EXAMPLE
Diluent for dissolving the ABS soap base	Water, Hydrosols, Infusions, Herbal Decoctions
Humectant (You can use up to 10% depending on your choice of humectants e.g. glycerin/sodium lactate should be used at 5% MAX while honey can be used at up to 30%. Aloe Vera juice can be used at up to 10%. You can use a combination of humectants in your formula)	Honey, Glycerin, Sodium lactate, Aloe Vera
Vitamins	Vitamin B5 (Panthenol), Tocopherol, Tocopheryl Acetate
Carrier oils(Not more than 2% MAXIMUM) This is optional, I'll rather this is left out and replaced with a lot of humectants which are water soluble	Choose whichever you deem fit
Solubilizer (This is Mandatory when adding carrier oils to your liquid wash, it helps to disperse the carrier oil evenly into the liquid ABS)	Polysorbate 80 (This is also a non - ionic surfactant. Though it isn't natural but it is readily available here in Nigeria. Start using it at a ratio of 1:1 with your carrier oils. Since this is also a non- ionic surfactant, you can add it to your black soap with or without adding carrier oils)
Botanicals	Glycerites, Infusions, Decoctions, Juices of herbs, Spices, Fruits e. t. c NEVER add dry powders (except milk and this shouldn't be used at more than 5%)
Essential oils/Fragrance oils	Choose whichever you deem fit
Surfactants (Optional) Depending on the class of surfactant you choose, this can be used to thicken, impact mildness, Improve the quality and stability of the lather of your liquid ABS etc. (Use at up to 15%)	Amphoteric surfactants e. g Coco betaine Non-ionic surfactants e.g. Coco glucoside, Decyl glucoside
Natural gums used for thickening (This is optional) use at up to 1.5% ,Some cationic polymers work at a wide pH range	Xanthan gum, Non-ionic Guar gum, Hydroxyethylcellulose
pH adjusters(These Ingredients are used to reduce the pH of black soap slightly to	Citric acid

between 8-9 so it won't be too alkaline which can cause the hair cuticles to swell making the hair prone to damage

Preservative

Liquid germall plus(This is a broad spectrum preservative which has a wide pH range of 3-9 making it compatible with the pH of African black soap. Usage rate(0.1-0.5)

SAMPLE FORMULA FOR AFRICAN BLACK SOAP HAIR WASH WITH SURFACTANTS

INGREDIENT	%
PHASE A	
Dissolve 43g of African black soap in 57g of water Decoction of Scent leaf and Neem. Once it's fully dissolved, strain and weigh out your Liquid ABS Base from it	75
PHASE B	
Aloe vera juice	8
Glycerin	4
Xanthan gum	0.5
Citric acid	1
PHASE C	
Coco glucoside	6
Coco betaine	4
PHASE D	
Tea tree essential oil	0.5
Eucalyptus essential oil	0.5
Liquid germall plus	0.5

SAMPLE FORMULA FOR MOISTURISING AND CONDITINING AFRICAN BLACK SOAP WASH WITH GUM

INGREDIENT	%
PHASE A	
Dissolve 50g of African black soap in 50g of water. Once it's fully dissolved, strain and weigh out your Liquid ABS Base from it	73.2
Citric acid	1
PHASE B	
Propanediol 1,3	5
Polyquat 10	0.3
PHASE C	
Sunflower oil	3
Polysorbate 80	6
PHASE D	
Coco betaine	10
Non- ionic guar gum	1
PHASE E	
Peppermint Essential oil	1
Liquid Germall plus	0.5

BASIC TEMPLATE FOR FORMULATING CLAY BASED HAIR MASKS/CLEANSERS

INGREDIENT	EXAMPLES
80-95% Clay	Bentonite, Kaolin clay, French green clay, Rhassoul clay e.t.c
5 – 20% Dry Botanicals	Amla, Hibiscus, Henna, Fenugreek, Soapnut, Garlic, Neem, Cinnamon, Dry fruit powders e.g. Banana e. t. c
0-10% Milk powder	Coconut milk, Goat milk
0-2% pH adjusters	Citric acid
0-10% High performance ingredients and Cosmeceuticals	Activated charcoal powder, Panthenol, MSM, Hydrolysed protein powders
0-3% Carrier oils	Choose the one you deem fit
0-2% Essential oils	Choose the one you deem fit

SAMPLE FORMULA FOR DEEP CLEANSING CLAY (Can also be used as a hair treatment mask)

INGREDIENT	%
Bentonite clay	40
Kaolin clay	22
Henna powder	10
Coconut Milk	5
Fenugreek powder	5
Hibiscus powder	7
MSM	5
Citric acid	2
Sunflower oil	3
Peppermint oil	0.5
Lemongrass essential oil	0.5

BASIC TEMPLATE FOR FORMULATING HONEY BASED HAIR MASKS/CLEANSERS

INGREDIENT	EXAMPLES
50-80% Honey	
5-40% Clay	Bentonite, Kaolin clay, French green clay, Rhassoul clay e.t.c
5- 20% Carrier oils, Infused oils	Choose the one you deem fit
0-10% High performance ingredients and Cosmeceuticals	Activated charcoal powder, Panthenol, MSM, Hydrolysed protein powders, Glycerites, Tinctures
0-20% Surfactants(Optional/to aid rinse off)	Non ionic emulsifiers (Polysorbate 80, Ewax NF), Cationic surfactants(for conditioning)
0-2% Essential oils	Choose the one you deem fit
Preservative(OPTIONAL)	

SAMPLE FORMULA FOR HONEY BASED MASK

INGREDIENT	%
Honey	53
Bentonite clay	10
Rhassoul clay	5
Activated Charcoal	1
Sweet almond oil	15
Polysorbate 80	10
BTMS 50	5
Clary sage essential oil	0.5
Cedarwood Essential oil	0.2
Lemongrass Essential oil	0.3

FORMULATING HAIR CLEANSNG OILS (Can serve as prepoo oils)

INGREDIENTS	%
Carrier oils 80-90%	Choose accordingly
Non ionic surfactants 5-10%	Polysorbate 80,Polysorbate 20, Ewax NF
Cationic Surfactants(OPTIONAL) 0-10%	BTMS 25
Essential oils	Choose accordingly

HAIR OIL CLEANSER

INGREDIENTS	%
Palm kernel oil	72
Castor Oil	10
Btms 25/Btms 50	7
Polysorbate 80	10
Cedarwood e.o	0.5
Rosemary e.o	0.5

FORMULATING CO WASHES/CLEANSING CONDITIONERS

This is the same as rinse off conditioners however for a more cleansing conditioner, Consider replacing some of the water in your formula with an Amphoteric or Non-ionic surfactant

MICRODERMABRASION SCALP POLISH

INGREDIENTS	FUNCTIONS
PHASE A	
Water	49.7
Decyl glucoside	10
Coco betaine	5
Cetrimonium Chloride	2
Hydroxyethyl Cellulose	0.3
PHASE B	
Propanediol 1,3	5
Salicylic acid	1
PHASE C	
Silky ewax (Cetearyl alcohol and Cetearth 20)	4
Cetyl Alcohol	2
Caprylic Triglyceride	10
PHASE D	
Microdermabrasion crystals	10
Activated Charcoal	0.5
Multifruit AHA	5
Peppermint e.o	0.2
Liquid germall plus	0.5

IMPORTANT NOTE ON INGREDIENTS AND FORMULAS

The key to formulating with these ingredients and enjoying these formulas lie in experimenting and finding what works best for you. Feel free to make substitutions where necessary. Remember we are all different so what works perfectly for Mr. A might not work at all for Mr. B.

DISCLAIMER: The information given in this manual is based on my research and is believed to be accurate but no guarantee of their accuracy is made and I assume no liability regarding the recipes or information contained here. I urge and recommend that students make their own tests to determine to their own satisfaction whether the product is suitable for their particular purposes under their own operating and formulating conditions. SOMMIES WORLD is therefore not responsible for the performance of any of the recipes provided in this manual as they are solely for teaching purposes. Testing is your responsibility. If you plan to sell any of the above recipes, then your product formulation must be tested and safety assessed to ensure it conforms to NAFDAC regulations.